

**Practice: Tattooing**  
**Who: Maori Tribe New Zealand**

Traditionally Maori tattoo artists followed very specific rules laid out for facial "moko" or tattoos.

It is important to note that because of the tremendous cultural complexity of New Zealand's many tribes and clans, these rules often had local variations.

But the idea that the tattoos followed a set of prescribed rules was widespread, and tattoos were specific to individuals, family, clans and tribes.

Maori tattoos follow the contours of the face, and are meant to enhance the natural contours and expressions of an individual's face.

A well-executed tattoo would trace the natural "geography" of an individual's facial features,

Similar in New Zealand, Maori women tattoo their lips and chins- if a woman's lips are completely coloured in black ink she is considered more beautiful.

**Practice: Face Painting**  
**Who: Aboriginal communities, Australia**

Face painting is connected to spiritual beliefs

Designs and symbols used by individuals reflect who they are and the relationship they share with their family group.

**Practice: Make Up**  
**Who: Max Factor, U.S.A**

Make-up has been around for many centuries, since Cleopatra as we have already discovered.

The make-up company Max Factor designed this machine during the 1950's to highlight any flaws a woman might have with her face.

For example if your chin was too low, or cheekbone too high, the machine could identify your troubled area- you should then add make-up to this area to fix your imperfection.

The machine was based on the 'ideal' face that was created by the Max Factor Company.

**Practice: Foot binding**  
**Who: Women in China.**

In China two billion women have had their feet bound. Foot binding begins when you are a little girl and the arch of your foot is broken. The foot is bound in material to make sure it holds its place. The foot usually measured two to three inches from heel to toe when it had stopped growing.

Small feet were considered to be beautiful by the Chinese.

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The foot usually measured two to three inches from heel to toe when it had stopped growing.

Foot binding led to serious infections, gangrene, and huge amounts of pain.

The women were unable to walk properly and had to bend their knee slightly and sway to maintain proper movement- this swaying became known as the 'Lotus Gait' and men thought this was very attractive.

**Practice: Make Up**

**Who: Ancient Egyptians**

Many Egyptians who were of high class shaved their heads including women and wore wigs. Wigs were considered more beautiful than real hair.

Many Egyptian women wore rings, earrings, and bangles. Jewellery made of crystals and precious gems were traditionally worn for metaphysical reasons like protection from illness, to ward off evil, and to bring good luck.

The Egyptian women also wore make-up. The colours often came from natural materials- such as ground gemstone. Powder was made from white lead and cheek, lip and nail colour came from sources like henna and animal blood.

Queens like Cleopatra used to bathe in milk to help their skin stay smooth and shiny.

Ancient Egyptians removed all their body hair as they saw it as a sign of uncleanness. The only exception was the goatee or moustache. Sometimes women even shaved their heads and wore wigs.

Oils were used by the Egyptians to protect against the sun. Egyptians also adorned themselves with scents and soaps were used from around 1500BC. Queens like Cleopatra bathed in milk to keep her skin silky and smooth.

Jewellery was also important with *lapis lazuli* (a rare blue stone) imported from Afghanistan being one of the most valued jewels.

Women wore green or black eye makeup that was used to emphasise the eye line and eyebrows and to decorate the eye. The colouring for the make up often came from sources like Henna and animal blood.

**Practice: Beading, jewellery and self adornment.**

**Who: Maasai Tribe in parts of Africa.**

The Maasai tribe that lives in Africa shave their heads which is used as people enter new stages of their lives.

The women cover themselves in beaded necklaces and bracelets. The jewellery is made from natural materials like skin, bone, seeds, wood and gourds.

Different coloured jewellery means different things to the women.

The women also pierce and stretch both their ear lobes using thorns, twigs, stones and animal tusks.

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**Practice: Scarification**

**Who: Nuba Tribe, Sudan, Africa.**

The Nuba, a tribal group in Sudan, believe that scarification, dark skin and hairlessness is beautiful.

Scarification is considered a mark of beauty on women, and her first set of scars are cut from the naval to the breasts when her breasts first start to mature.

When a girl starts having her period more scars are cut on her body.

Once a woman has given birth and weaned her child, a final set of scars are made on her back, neck, arms, and legs.

**Practice: Neck Rings**

**Who: Kayan Tribe, Thailand**

Neck rings are worn by women in all different parts of the world.

The folk tale behind the neck rings apparently started when a Prince had a dream that a lion was going to come into his village and kill a child. When tigers attack human they first break a person's neck. The prince thought that to prevent the lion from killing the child he would protect the child's neck by placing rings on it.

The rings are now seen as something that makes a woman more beautiful.

Neck rings are worn by Kayan women living in the mountains on the border between Burma and Thailand.

This ancient tradition has unknown roots. The coils may have made Kayan women unattractive to slave trade.

Some say that the coils are against tiger bite. The folk tale behind the neck rings started when a Prince had a dream that a lion was going to come into his village and kill a child. When tigers attack a human they first break a person's neck. The prince thought that to prevent the lion from killing the child he would protect the child's neck by placing rings on it.

Others believe that it reflects the neck of a dragon.

**Practice: Corset**

**Who: European 17<sup>th</sup> Century**

The corset was originally constructed from whale bones.

The corset was used to enhance a women's bust and hips and make her waist look smaller.

The corset had many damaging effects on a woman's body such as breaking ribs, breaking backbones and making it very difficult to breathe.

The corset was initially a fashion for the wealthy that did not have to work and the corset represented their luxurious lifestyle as well as their refinement. It eventually spread down to middle and lower classes who imitated the look of the wealthy.

**Practice: Henna and Adornment**

**Who: Women living in different parts of India.**

Henna traditionally was painted on the hands, feet, inside a woman's arms and on her shins.

Henna is applied for celebrations such as weddings, birthdays and holidays.

Henna is also believed to bring luck and joy to someone's life and beauty.

Women who are decorated in Henna for their weddings may have to sit still for 4 to 5 days until the art is complete.

Indian philosophy connects physical beauty with inner beauty. When a girl turns sixteen she is thought to be 'the perfect age' and is adorned with sixteen different ornaments to reveal her inner beauty.

Girls are adorned in the following ways;

A Bindi is painted at the centre of the forehead, representing the third eye.

Sindoor is red powder placed in the parting of the hair of married women. The red colour symbolises fertility and commitment to her husband.

The tika is a chain with a hook on one end and a pendant in the other. It symbolises her union with her husband.

Khol is used on the eyes and eyelashes, while a nose ring is worn. A necklace is worn, and flower earrings that symbolise the cycles of nature, the god Kama, and femininity.

Mehndi or henna is applied on a bride's hands as a non-permanent tattoo. It is also used at other auspicious occasions by married women. It is a symbol of satisfaction and happiness.

Bangles on the wrists and armbands also associated with marriage. The Indian aesthetic considers adornment to define beauty. The arsi, a thumb ring with a mirror, brings special delight for this reason, and is worn particularly by married women.

Hair is oiled, ornamented, and decorated with flowers.

The Kamarband is a band worn around the waist, passed down from mother to daughter. The tradition of many of these 16 ornaments goes back centuries or millennia, and the kamarband has been used continuously from the at least the time of the Indus Valley civilization up to the modern day.

The foot is both the human pedestal in contact with the mother Earth and the humblest and most impure part of the body in Indian culture. Lovers would often be portrayed as falling at women's feet to show their respect. Adornment of the feet is therefore important, with the anklet (payal) and toe rings.

Perfume is used discreetly and reflects the woman's character, and qualities of the seasons.